



April 2014

Driver Ed News

Seeing Yourself In Traffic Safety

Driver Education Conference

May 2 - 3, 2014

To register: <http://www.eventbrite.com/event/8613486169/rss>



Pam Holt - Conference Keynote Speaker

A registered nurse from St. John's School of Nursing at Southwest Baptist University, also teaches the Young Traffic Offenders Program at St. John's, for 16-to-24-year-olds who are ordered by the court to participate after repeat violations. She has helped pass and implement seatbelt ordinances in her community, and she volunteers as a nurse with Camp Barnabas and at North Point Church for summer camps and group outings. It's her personality and her passion, her drive to want to make a difference. Pam has been a speaker at national safety and education conferences, at engineering forums and with high school kids. She always brings her passion with her.



Kelly Browning, Ph. D. – Conference Keynote Speaker

Dr. Browning is an experienced and dynamic presenter who has presented at national conferences for the past twenty years. She has collaborated on research projects with some of the top traffic safety organizations including the Insurance Institute for Highway Safety and the National Safety Council. Additionally, Dr. Browning is skilled at establishing productive and meaningful partnerships among national, state, and local stakeholders.



Upcoming Instructor Class

Idaho Public Driver Education Teacher Licensing

Class Starts May 1, 2014

Duration: 12 weeks

Classroom: Online

Credits: 4

Call NNU at 467-8000 to register

In 2013, an estimated 421,000 people were injured in crashes involving a distracted driver, according to the National Highway Traffic Safety Administration. Here are some of the top distractions that could potentially cause problems for drivers — whether they are first-timers or experienced behind the wheel. Distracted driving creates the inability to avoid collisions with stopped vehicles, maintain proper lane position, make quick decisions, recognize and obey traffic signals and signs, and reduces situational awareness.

Talking on the Phone

Talking on the phone while driving can be dangerous, too. Unlike texting, a phone conversation may not take a driver's eyes off the road, but [studies have shown](#) it can still decrease driver performance. Can't that phone call wait until you're parked?

Eating and Drinking

Fast-food drive-thru's are convenient -- but that doesn't mean you could nosh on that burrito or burger while trying to operate your car. Even if you're pressed for time, parking for a few minutes to eat your lunch or waiting until you reach your destination is worth it -- especially if it means avoiding a crash.

Text Messaging

Texting is one of the most dangerous things a new driver can do. It takes their eyes off the road and slows their reaction time, which could potentially lead to a crash. Instead of answering a text message while on the road, drivers should wait until they are safely parked, or -- if it's so urgent they can't wait -- pull over somewhere safe to respond.

Accessing the Internet

A few years ago, browsing the web wasn't an issue for drivers, but smartphones have given rise to temptation. No matter how desperately you want to know how many "likes" that picture got on Facebook or how your fantasy football team is doing, it's not worth taking your eyes off the road. If it is, then it may be a good idea to just pull over.

Adjusting the Stereo, Singing and Loud Music

We all unleash our inner Christina Aguilera from time to time. But, don't get too carried away and forget that you're in your car -- not becoming the next American Idol. While you may think it's cool to crank up the music, you need to hear what's going on around you -- and everyone else doesn't need to hear your bass from miles away. Cruising down the highway, listening to jams, it's one of the best things about driving. But flipping the radio dial instead of watching the street ahead can seriously take you out of your driving groove. Ask your passengers to be the DJ, wait until you're at a stoplight, or safely parked to station surf.

Grooming

Your car is full of mirrors -- but most of them aren't there for you to check your mascara. We've all seen people brushing their hair or applying lipstick in the car, and when they do, they are almost never looking at the road. In addition to being unsafe, just how straight can you really get that eyeliner when you're steering a moving car?

Using a GPS

Navigation systems make finding your way around much easier, telling you each turn to take to get to your destination. Most of them have warnings about trying to operate them while driving -- and it's for a good reason. If you need to adjust your GPS mid-trip, don't try to push the buttons while you're still moving. Pull over, use your GPS and then start rolling again.

Know Teen Drivers' Risks

Parents are concerned about protecting their teen's health and safety, but seldom realize that motor vehicle crashes are the leading cause of death for U.S. teens, claiming the lives of about eight teens a day. In addition, more than 350,000 teens are treated each year in emergency departments for injuries resulting from a crash.

Among teen drivers, those at especially high risk of crashing are:

- **Males:** The number of male drivers and passengers ages 15 to 19 who were killed in crashes is higher than the number of female drivers and passengers who are killed.
- **Teens driving with teen passengers:** Driving with teen passengers increases the crash risk of unsupervised teen drivers. This risk increases with the number of teen passengers.
- **Driving at night:** The crash risk for teens driving at night is nearly twice as high as the crash risk during the day.
- **Newly licensed teens:** Crash risk is highest during the first year that teens are eligible to drive.